

**AMERICAN RED CROSS**  
**WATER SAFETY INSTRUCTOR COURSE (WSI)**  
**FEBRUARY/MARCH 2011**

The Southeast Minnesota Chapter American Red Cross is holding a Water Safety Instructor (WSI) course. Students who successfully complete the course will be able to teach American Red Cross swimming lessons. Please review the following details if you are interested in becoming a WSI.

**PREREQUISITES**

- 16 years of age by the end of the course. Proof of your age (such as a valid driver's license) is required on the first day of class.
- Fundamentals for Instructor Training (FIT) certificate. (FIT will be offered as part of the class.)
- Successful completion of the pre-course swimming skills test.

**PRE-COURSE SKILLS TEST**

You must demonstrate swimming skills consistent with the stroke performance chart (WSI manual Appendix B) for Level 4:

1. Front Crawl 25 yards
2. Back Crawl 25 yards
3. Breast Stroke 25 Yards
4. Elementary Backstroke 25 yards
5. Sidestroke 25 yards
6. Butterfly 15 yards
7. Maintain position on back for one minute in deep water (float or scull)
8. Tread water for one minute

**FEES:** \$178.00- fee includes all textbooks, training material, and FIT course.

**REGISTRATION:** To register, contact the Red Cross office at 507-287-2200. You must pay in full when you register. It is required to bring a driver's license or proof of age to the first day of class. If you have any questions, please call the Red Cross.

**CERTIFICATION REQUIREMENTS:** You will have reading and written assignments each day of the class. Candidates must successfully complete four practice teaching assignments and score at least 80% on a 50 question written exam.

**ATTENDANCE AT ALL CLASS SESSIONS IS MANDATORY**

**DATES, TIMES, AND LOCATIONS:**

**Fundamentals of Instructor Training Session and Pre-course skills test:**

- Tuesday, Feb.15, 5:30 p.m.-9:30 p.m. at the American Red Cross office, 310 14<sup>th</sup> Street SE Rochester

**Pool and Classroom Sessions: (Must attend all of these dates)**

All classes meet in Activity Room #3 at the Rochester Recreation Center except **Feb. 19<sup>th</sup>** where you will meet in the pool.

- Saturday, Feb. 19, 8:30 a.m.-3:00 p.m. (meet in pool area)
- Tuesday, Feb. 22, 6:30 p.m.-9:30 p.m.
- Tuesday, March 1, 6:30 p.m.-9:30 p.m.
- Saturday, March 5, 8:30 a.m.-3:00 p.m.
- Tuesday, March 8, 6:30 p.m.-9:30 p.m.
- Tuesday, March 15, 6:30 p.m.-9:30 p.m.
- Tuesday, March 22, 6:30 p.m.-9:30 p.m.